

Guidance for the Operation of Interscholastic, Youth and other Amateur Sport Activities during the COVID-19 Pandemic

Local Health Update November 13, 2020

<https://portal.ct.gov/DPH/Communications/Guidance/General-Guidance-for-Youth-and--Amateur-Sport-Activities-during-COVID-19-Pandemic>



***Connecticut Department of Public Health (DPH)
and
Department of Economic and Community Development (DECD)***



Agenda

8:00 – 8:05: Welcome and Introductions – *Lori Mathieu*

8:05 – 8:20: Presentation of Sports Guidance Highlights

- *Tom St. Louis, Kate Keenan (DPH)*

- *Aaron Knight (DECD)*

8:20 – 9:00: Q&A – Local Health Directors

Risk Categorizations

- Developed by NFHS and USOPC Sports Medicine Committees (April/May 2020)
- Based on assessment of frequency and duration of close contact, shared equipment, etc.
- DPH has relied on the SMEs at these national governing bodies and has not made independent assessments to recategorize risk for individual sports

HIGHER RISK			
Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.			
<i>Wrestling</i> <i>Martial Arts¹</i>	<i>11-on-11 Football</i> <i>Rugby¹</i>	<i>Boys Lacrosse</i> <i>Boxing¹</i>	<i>Competitive Cheer</i> <i>Competitive Dance Teams</i>
MODERATE RISK			
Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.			
<i>Basketball</i> <i>Volleyball</i> <i>Baseball</i> <i>Softball</i> <i>Swimming relays</i>	<i>Soccer</i> <i>Water polo</i> <i>Gymnastics</i> <i>Ice hockey</i> <i>Field hockey</i>	<i>7-on-7 football</i> <i>Girls lacrosse</i> <i>Pole vault</i> <i>High jump</i> <i>Long jump</i>	<i>Rowing/Crew (with two or more rowers in shell)</i> <i>Tennis (doubles)</i> <i>Racquet sports (squash, pickleball, racquetball)</i>
LOWER RISK			
Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.			
<i>Individual running events</i> <i>Throwing events (javelin, shot put, discus)</i>	<i>Running/Cross Country (staggered starts)</i> <i>Individual swimming</i> <i>Golf</i>	<i>Weightlifting</i> <i>Alpine skiing/snowboarding</i> <i>Sideline cheer</i>	<i>Rowing/Crew (single sculling)</i> <i>Tennis (singles)</i> <i>Fencing</i>

Other important details...

- Any activities occurring indoors require masks to be worn at all times (even during active play) by all coaches and players (where 2 or more people would be expected to have close contact)
- Spectators indoors are limited to 25% fire capacity or up to 2 adults per child, whichever is less, but facility operators can set lower limits for spectators if desired (including not allowing any spectators)
- CT teams and players are not allowed to practice with or compete against teams and players from other states
- CT teams can use facilities in other states, provided that state allows it and they do not interact with out-of-state teams or players

Other important details...

- Higher Risk sports are limited to individual or small group instruction/fitness/non-contact drill activities
- Moderate Risk sports are allowed to continue with activities up to Tier 3 (in-state competition between 2 teams)
- Lower Risk sports are allowed to continue with activities up to Tier 4 (in-state multi-team meets and tournaments)
- Athletic team organizers must provide local health officials with operational plans and complete participant rosters with contact information for games and practices upon request

What about the Town Alert Levels?

- DPH recommends additional strategies related to “Organized Group Activities” (including sports) for towns in the Orange or Red Alert categories
- The recommendations included in the DPH Town-Level COVID Response Framework are not codified under the ReOpen CT Phase 2.1 rules
- For example, mask wearing for outdoor sports would be recommended but would not be required for Red Alert towns

**CONNECTICUT DEPARTMENT OF PUBLIC HEALTH
TOWN-LEVEL COVID RESPONSE FRAMEWORK**

	Yellow 5-9 cases per 100k per day	Orange 10-14 cases per 100k per day	Red 15+ cases per 100k per day
 DPH Response	Outreach to Local Health Department	ENCOURAGE TESTING FOR ASYMPTOMATIC RESIDENTS	
		Weekly calls with Local Officials	Issue Public Health Alert
 Individuals	Masks, distancing, extra precautions for high risk	HIGH-RISK INDIVIDUALS SHOULD STAY HOME, STAY SAFE	
		Avoid larger events, limit time with non-family members	Limit trips outside home, avoid gatherings with non-family members
 Organized Group Activities	Move activities outdoors where possible	Limit group sizes; Postpone indoor activities where mask wearing or social distancing cannot be maintained	Postpone all indoor activities; Postpone outdoor activities where mask wearing or social distancing cannot be maintained

Potential impacts...

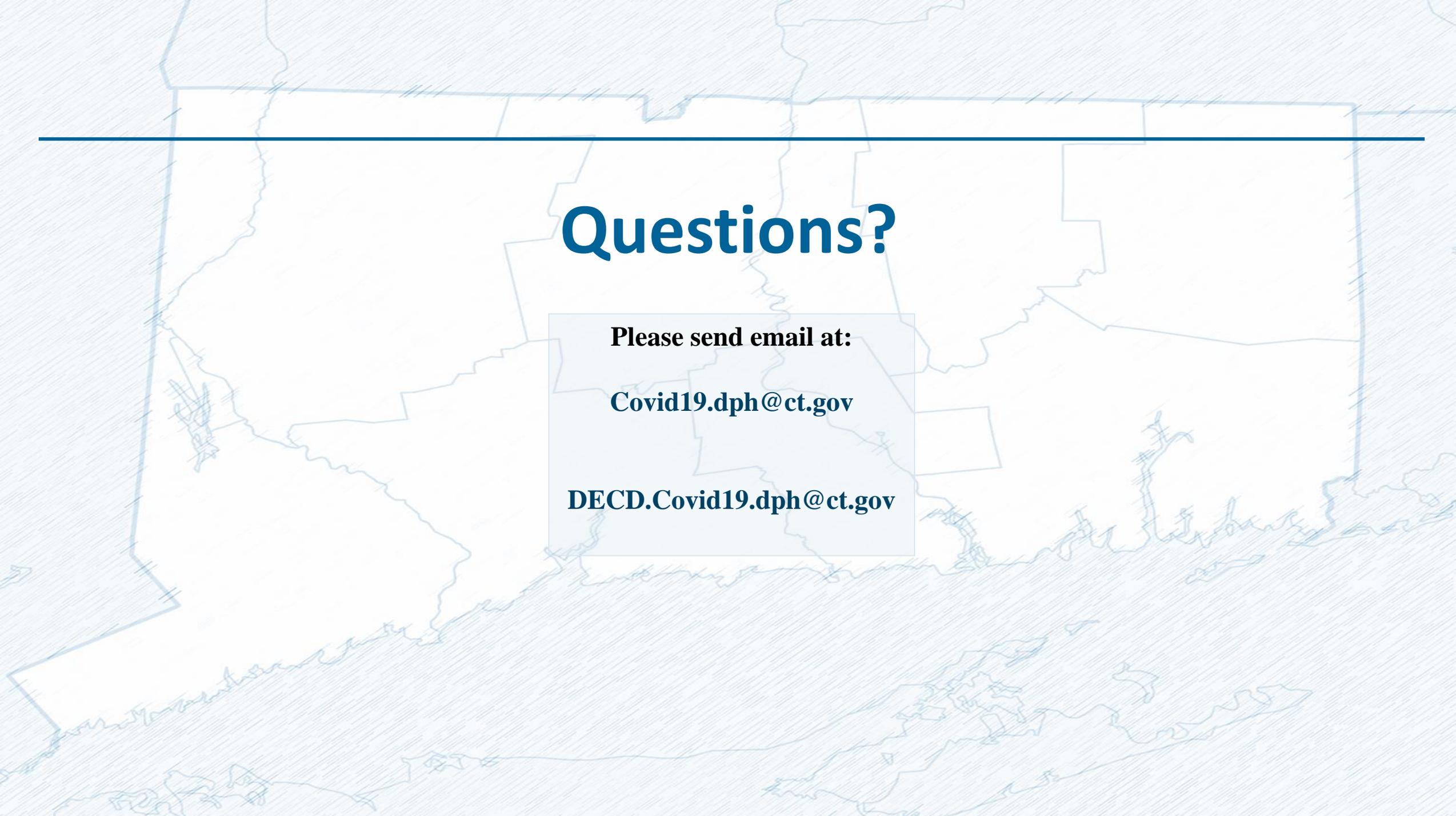
- Winter youth sports activities are generally indoors and have the potential to increasingly impact in-person learning
- For example, if a basketball team has been practicing together indoors and one player tests positive, the entire team will likely require 14-day quarantine due to close contact
- That same group may require quarantine again if a few days after returning another player tests positive
- These types of scenarios should be part of the conversation when considering whether or not to operationalize youth sports this winter

Is this just Guidance or Rules?

- DPH first issued sports guidance on *September 25, 2020*
- The latest update to the guidance was released *November 9, 2020*
- DECD codified this guidance as rules on *November 9, 2020*
(through Executive Order 9K, Section 4, ReOpen CT Sector Rules for Youth Sports)
- These rules exclude collegiate and professional sports
- Brings into alignment interscholastic, club, and rec sports as well as rules initiated in neighboring states (MA and RI)

Who is responsible for enforcement?

- Pursuant to Executive Order No. 7PP, Section 2, local health directors and municipal designees may order the closure of a business in violation of a DECD Sector Rules, including the DECD Sector Rule regarding Sports, until such time the local health director or municipal designee, as applicable, determines that the business has abated the nuisance by coming into compliance with the Sector Rules.
 - Local health directors have the authority to order the closure of a “Public Health Facility”, which is defined in Executive Order No. 7PP to include hair salons, barbershops, beauty shops, nail salons, spas, tattoo or piercing establishments, restaurants, eating establishments, private clubs, or any locations licensed for on-premise consumption of alcohol, that are allowed to reopen pursuant to the Sector Rules.
 - Municipal designees have the authority to order the closure of any business other than a Public Health Facility.



Questions?

Please send email at:

Covid19.dph@ct.gov

DECD.Covid19.dph@ct.gov